

## OTHER ACS PROGRAMS

*Army Emergency Relief (AER)*

*Army Volunteer Corps (AVC)*

*Community Information, Referral &  
Follow-up Program*

*Employment Readiness Program*

*Exceptional Family Member Program (EFMP)*

*Fort Carson Mayoral Program*

*Financial Readiness Program*

*Loan Closet*

*Military & Family Life Consultants (MFLC) Program*

*Mobilization & Deployment Readiness Program*

*Multi-cultural Support Program*

*Outreach Program*

*Relocation Readiness Program*

*Sexual Assault Prevention & Response Program*

*Soldier & Family Readiness Program*

*Survivor Outreach Services (SOS)*

## OTHER ACS FACILITIES

*The Family Connection, Building 1354*

*The Soldier & Family Assistance Center, Building 1039*

**Stop by and see all that we have to offer you.**



Army Community Service (ACS, 6303 Wetzel Avenue, Building 1526,  
Fort Carson, Colorado 80913-4104  
TEL: (719) 526-4590 / TTY: (719) 526-1949 / TOLL FREE 1-866-804-8763 / FAX: (719) 526-2637  
WEB SITE: [www.carson.army.mil](http://www.carson.army.mil) (Click on Directorates & Support)

## ARMY COMMUNITY SERVICE

### Family Enrichment Training

#### *Course Description & Schedule*



## 2nd Quarter 2010

A F T B

### ARMY FAMILY TEAM BUILDING (AFTB) COURSES

(Limited child care available. Prior registration required.)

**AFTB Instructor Training** course prepares and equips volunteers to be AFTB Instructors. Topics include: Presentation Skills; Public Speaking; Group Dynamics; the Adult Learning Process; Using Instructional Aids; and Developing Lesson Plans.

**AFTB Level I** course is targeted towards Family Members that are new to the Army or anyone that is interested in updating their personal skills or basic knowledge. Level I topics include: Expectations and the Impact of the Mission on Family life; Military Acronyms and Terms; Chain of Command; Customs and Courtesies; Basic Military Benefits & Entitlement; Community Resources; Family Readiness Groups; Supporting Your Child's Education; Family Financial Readiness; and Basic Problem Solving. (Recommended for 0-5 yrs.)

**AFTB Level II** course is targeted towards emerging leaders within the Army community. Level II topics include: Communication; Personal Time Management; Stress Management; Acknowledging Change; Exploring Personality Traits; Enhancing Personal Relationships; Team Dynamics; Personal Conflict Management; Creative Problem Solving; Traditions, Customs, Courtesies & Protocol; Crisis, Coping & Grieving; Volunteer Experience; Family Readiness Groups & the Deployment Cycle; and an Introduction to Leadership. (Recommended for 5-10 yrs)

**AFTB Level III** course is targeted towards those family members that may assume leadership type roles within the community or unit. Its primary focus is to enhance their professional growth and leadership

development opportunities. Level III topics include: Developing Your Listening Skills; Building Self-Esteem; Understanding Personality Traits; Motivating Factors; Developing Leadership Skills; Building a Cohesive Team; Establishing Leader Roles, Managing Group Conflict; Problem Solving Techniques for Leaders; Developing Presentations; Planning and Conducting Workshops; Understanding the Organization of the Total Army; Political Issues and the Army; and Effective Public & Media Relations. (Recommended for 10 or more yrs.)

**Family Readiness Group (FRG) Training** is a two day course that focuses on the set up and leadership of a FRG, per AR 608-1, Appendix J (dated 21 July 2006).

**Rear Detachment Training** is a three day course that prepares rear detachment personnel to meet the challenges that may arise during deployments. This course includes various guest speakers from throughout the installation.

**Reunion Workshop** is offered to spouses of deployed Soldiers and was created to assist with reintegration and communication skills that may arise as families reunite.

**Spouse Battlemind Workshop** is offered during pre-deployment and post-deployment. Topics include: Recognizing Changes Within Yourself and Your Soldier as well as Learning How to Translate Changes Into Positive Actions.



JANUARY 2010

Monday		Tuesday		Wednesday		Thursday		Friday	
4	FRG Orientation 1300 - 1400	5		6		7		8	
FRG Training Day 1 0900 - 1530 AFTB Level 2, Day 1 0830 - 1600	11	12	AFTB Level 2, Day 2 0830 - 1600	13	FRG Training Day 2 0900 - 1530	14		15	
18	Rear Detachment Training Day 1 0900 - 1600 Spouse Battlemind 1300 - 1500	19	Rear Detachment Training Day 2 0900 - 1600	20	Rear Detachment Training Day 3 0900 - 1600	21		22	
FRG Treasurer Training 0900 - 1100	25	FRG POC Training 0900 - 1100	26	27	28	29			

ARMY COMMUNITY SERVICE

FEBRUARY 2010

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2	FRG Orientation 1300 - 1400	3		4		5	
AFTB Level 3, Day 1 0830 - 1600 FRG Training Day 1 0900 - 1530	8	9	AFTB Level 3, Day 2 0830 - 1600	10	FRG Training Day 2 0900 - 1530	11		12	
15		16	17		18		19		
AFTB Level 1, Day 1 0900 - 1600 FRG Treasurer Training 0900 - 1100	22	FRG POC Training 0900 - 1100 Spouse Battlemind 1300 - 1500	23	AFTB Level 1, Day 2 0830 - 1600	24	25		26	

EDUCATION. OPPORTUNITY. DISCOVERY

MARCH 2010

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2	FRG Orientation 1300 - 1400 AFTB Instructor Training Day 1 0900 - 1500	3	AFTB Instructor Training Day 2 0900 - 1500	4	AFTB Instructor Training Day 3 0900 - 1500	5	
FRG Training Day 1 0900 - 1530	8	9		10	FRG Training Day 2 0900 - 1530	11		12	
15		16		17		18		19	
22		23	Spouse Battlemind 1300 - 1500	24		25		26	
FRG Treasurer Training 0900 - 1100	29	FRG POC Training 0900 - 1100	30	31					